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Developing a Cutting Edge

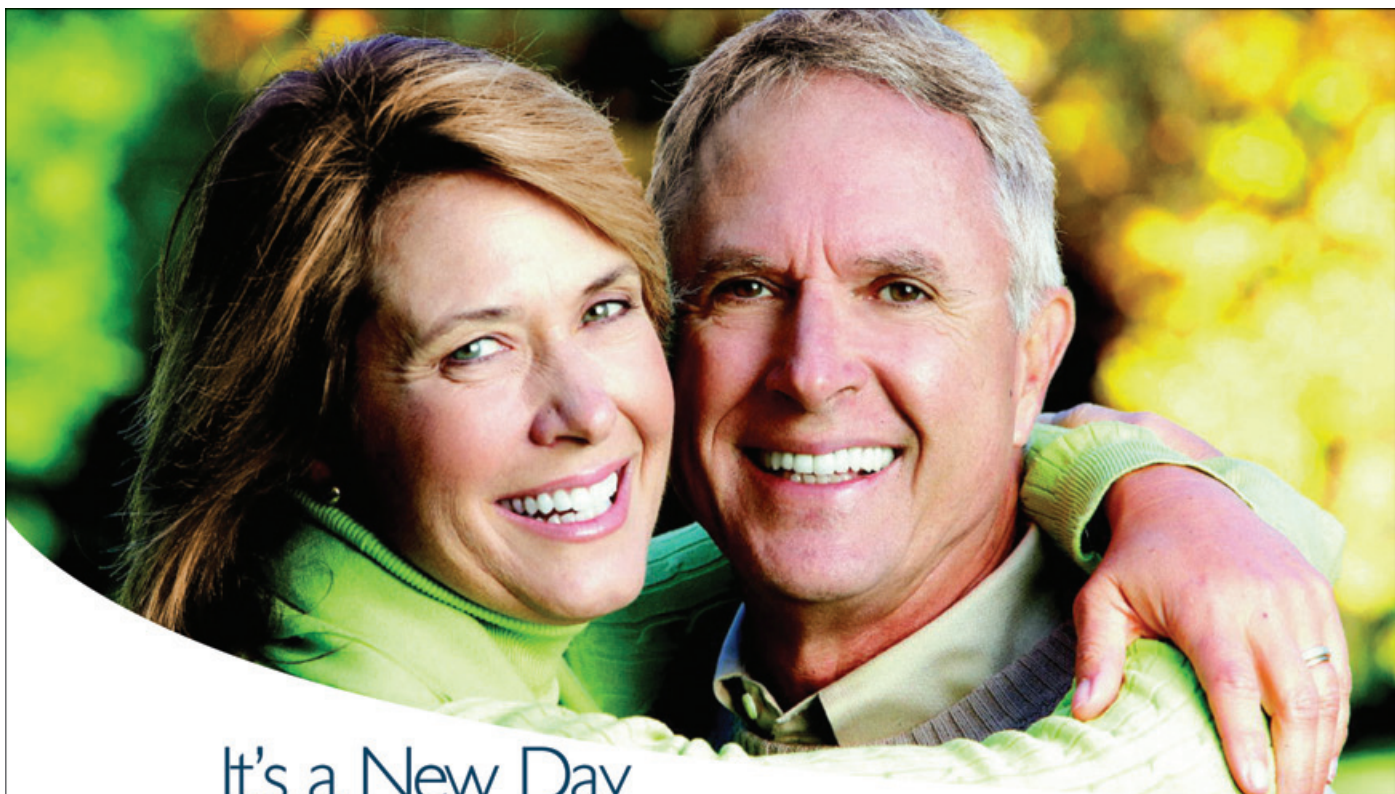
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ON THE COVER



The Young Professionals of Cedar Hill are gearing up to take the city's transformation vision to the next generation.

Photo by Opaque Visuals

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Editor's Note

Happy New Year, Southwest Friends!

New Year thoughts are swirling in my mind today as I write this note to you. I wonder what opportunities lay ahead for each of us? What goals will we make? What adventures will we have? What sorrows and joys will this year bring? What impact will we have? What footprints will we leave? Will our journeys look different than last year's? What will we have to show for our labors of the year?

The writer of the Book of Ecclesiastes says, "There is an appointed time for everything." May the year ahead of you be one of destiny and fruitfulness. May the law of kindness rule your tongues. May your faith not fail. May you find peace and joy and grace.

Beverly

Beverly Shay
SouthwestNOW Editor
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P.S. Please note that my e-mail address has changed. My new one is listed above.

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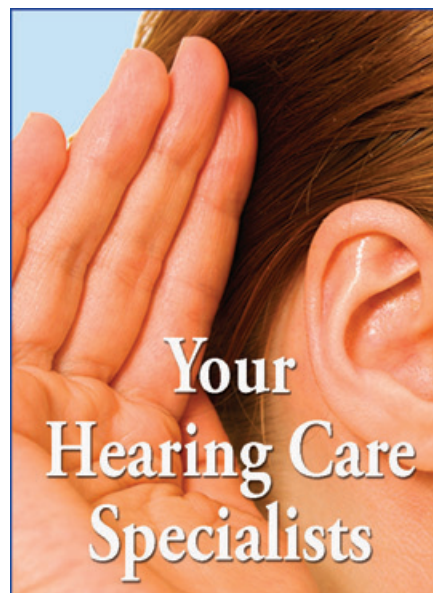
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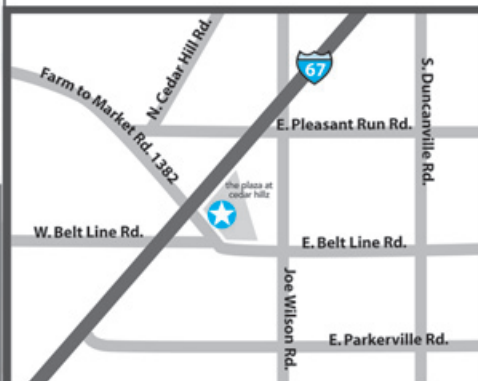
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Developing a Cutting Edge

By Beverly Shay

A legacy is not a legacy unless it is passed on. Family traditions, sound business sense, economic vision, rights, ethics, moral values must be demonstrated, mentored and bequeathed to continue to grow into the next generations. This concept has been a topic of consideration in the Cedar Hill Chamber of Commerce for some time and was recently implemented in a group called Young Professionals of Cedar Hill.

"The Chamber was looking for a team to make it happen," remarked Phillip Washington, a 28-year old financial advisor, married for five years with a 2-year old son. "I met Chris Townsend while volunteering with Texas Scholars, a mentoring group that offers options in life to high school students through teaching principles on budgeting and income among other things. I felt Chris would be one who could join me in this venture."

Chris and Phillip were joined by Michelle Rodriguez, who works with the Chamber overseeing membership development, and a few others who formed an initial core group. Together they brainstormed and laid out a foundation of thoughts and goals



to create this succession plan. "We want to connect, develop and inspire young people who already are, or are in the process of becoming, young professionals, to succeed in their businesses and careers and get involved in ongoing community service and local issues," said Chris, mentioning their recent initiative, Voting Makes a Difference. "We desire to address local issues and facilitate awareness, through letting people know what is on ballots and how serving on various boards can impact the growth of our city."

Michelle harbors a passion for grassroots involvement. "I am passionate and motivated to see young professional people given the opportunity to be developed, groomed and connected with like minded individuals. Majoring in

Left to right: Luke Fowler, Amy Broadnax, Phillip Washington

communications at The University of Texas at Arlington, I could see myself serving on City Council someday," she stated. "We are targeting those between the ages of 21-39. We want to engage them in their community. We'd like to have experienced business owners/workers mentor our growing group, so their ceiling can become our floor. In turn, we hope to mentor those not yet in their career field, so the vision





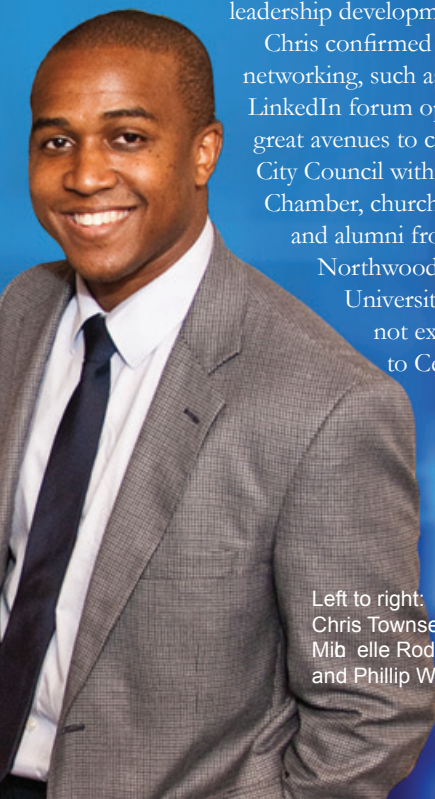
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this city has of ethical, communitywide service and integrity will be owned and carried forward another generation.”

At their launch, the core group presented a brief overview of their thoughts and plans. The mayor and various City Council members presented their vision for the city of Cedar Hill. Some 50 young professionals were present for the fun, informal yet informative networking event. “It was kind of like a taste test,” Chris remarked. “We were pleased at the turn out, the level of interest and the feedback.”

Phillip explained the challenge, “Young people question what is relevant. They want to know what our group will do. Plus, we need to find out what they want to do. We have some ideas, like an educational program combining articles posted on Facebook, meetings and luncheons geared around topics pertinent to young professionals. We hope to impact and coordinate business strategies, such as social networking, smart financial planning, IT information and leadership development.”

Chris confirmed social networking, such as the LinkedIn forum opens great avenues to connect City Council with the Chamber, churches and alumni from Northwood University. “We’re not exclusive to Cedar Hill.

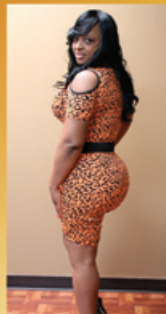


Left to right:
Chris Townsend,
Mib elle Rodriguez
and Phillip Washington

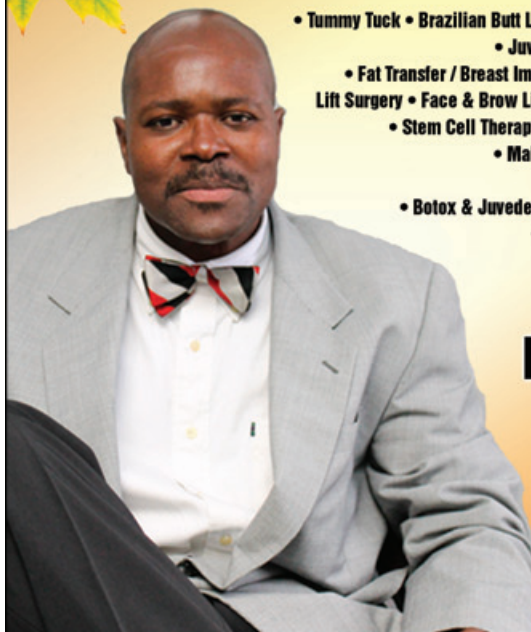
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“The diversity of our initial meeting was exciting: we had singles, engaged, marrieds, with and without children, Asians, Indian/Middle Eastern,



Canadians, African-Americans and Caucasians,” Michelle said. “It was good to see how many young individuals are already proactive and serving on committees or working with local nonprofits.”

Another goal is to have peers and mentors pouring into these professionals, so they can give out without burning out. “We’d like to have one networking event a month and quarterly service projects and professional development opportunities,” Chris stated.

Service projects would include blood drives, Toys for Tots, food drives, financial workshops and literacy events. They’d like to implement teams to help support such charitable entities as Hope Mansion and Texas Scholars in practical manners.

And Chris is pretty excited about the perks program. “We need to do business with those who do business with us. So to encourage shopping, dining and entertaining locally, we’re setting up an incentive program with percentages off at local merchants for young professionals. Hopefully, it will encourage networking as well as prosper our community.”

Seth Thorpe, who owns a marketing company called Shown Inc. which creates



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Web sites and videos as marketing tools, as well as providing marketing, media and PR for the Young Professionals also weighed in with some of his ideas. "When I first heard of the Young Professionals, I considered the why of joining. I have found that for businesses, especially those just starting out, it is very helpful to be as connected as you can be to a community of people with a like-minded professional outlook," Seth explained. "You can learn from others about what worked and what didn't. It's invaluable to learn to work together for the common good of businesses and the community. I'd like to see us become connected, not only with Cedar Hill and its vision as a city, but to find and relate with other groups of young professionals around the Metroplex, so we can glean ideas from them, encourage them and gain business opportunities."

Business success comes as owners and workers develop not only products and services, but marketing plans and strategies. Social media and the Internet have opened up more avenues for telling the "stories" and clarifying the goals and products of individual businesses. Avenues such as Kickstarter provide tools for funding solutions, product development and marketing for both nonprofit and for profit companies.

"Young Professionals will give businesses like mine the opportunity to create product to promote and market other businesses. Through being mentored and by mentoring, real-life marketing is put into action. Results and product are developed that serve both the businesses and the community," Seth said. Businesses will succeed and develop their portfolio, which in turn enhances the portfolio of the city, drawing in even more business entrepreneurs.

The city of Cedar Hill has encouraged this group to come up with ideas, establish goals, create strategy and use whatever means and resources they can find to implement a connection among young professionals. In this manner, the city is shoring up the foundation and vision for economic transformation, growth and unity that will impact and continue into coming generations. **NOW**



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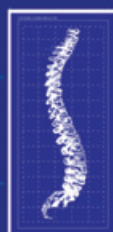
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From Trash to Treasure

By Rick Hope

A famous artist was once asked how he created a famous work. His response was quite simple. He noted that all was well when he had a brush or chisel in his hand. He wasn't happy unless he was working on a piece of art. His joy came from creating.

The same can definitely be said of local artist George Cole. He has found truth in the phrase about creating. When he looks at what someone else might consider to be discarded metal or rubbish, he sees a work of art or what might become of a lump of clay as it is turned on a potter's wheel. Then he sets out to do his magic for the rest of the world to behold. Just like the famous artist, he is happiest when he's working on such projects.

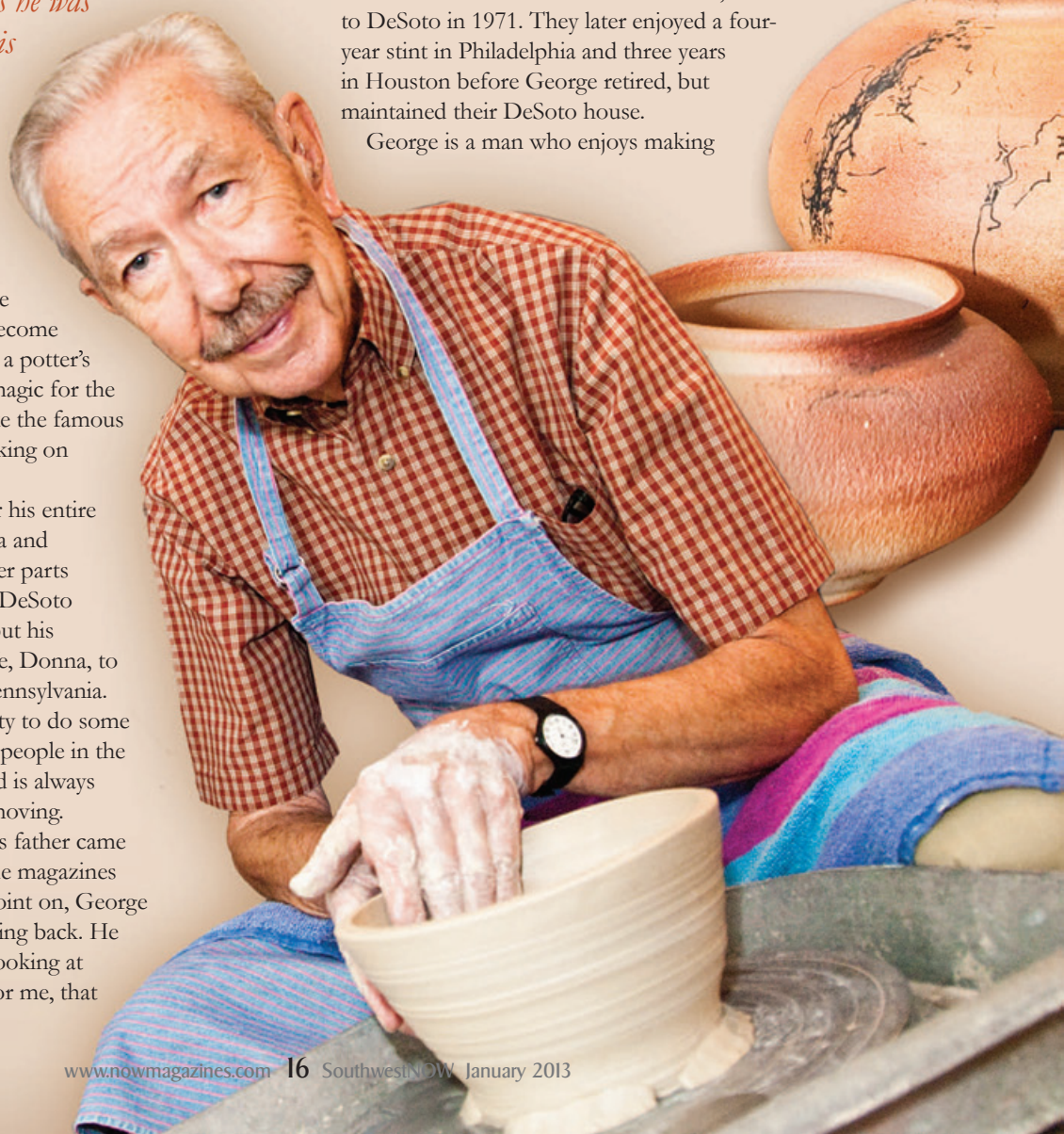
George has been an architect for his entire adult life, working in the Dallas area and throughout the state, as well as other parts of the country. He has lived in the DeSoto area for the majority of this time, but his career also allowed him and his wife, Donna, to live in Oklahoma, Louisiana and Pennsylvania. George has also had the opportunity to do some design work in London. Like most people in the profession of architecture, his mind is always working and his hands are always moving.

For George, it all began when his father came home from World War II with some magazines featuring house plans. From that point on, George was hooked, and there was no turning back. He had found his calling. "I just kept looking at those magazines," George said. "For me, that

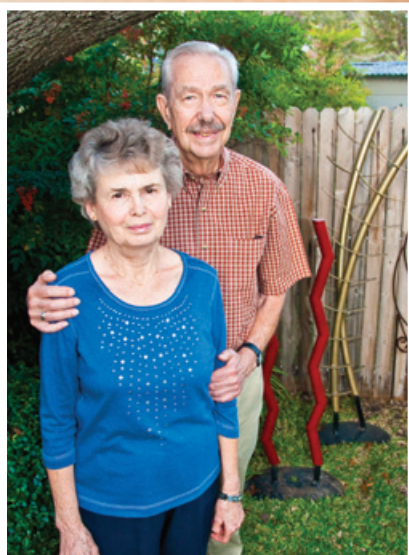
was it. I knew what I wanted to do with my life."

After earning his degree in architecture from Oklahoma A & M (now Oklahoma State University) in 1955, George worked in Baton Rouge, Louisiana, for five years before he and Donna moved to Dallas in 1962, and then to DeSoto in 1971. They later enjoyed a four-year stint in Philadelphia and three years in Houston before George retired, but maintained their DeSoto house.

George is a man who enjoys making



the most out of each waking moment. He does not like to have idle time. In trying to keep himself busy, he first began taking continuing education courses in Philadelphia where he was introduced to fire modeling clay as an art material. This sparked an interest that he still carries with him. And whenever he gets a chance,



he pursues it with his whole heart.

Upon retiring in 1997, George began working with the Texas Baptist Men. "I got to actually help build, not just design, 11 or 12 churches," said George, an active participant in Hampton Road Baptist Church. "It was very rewarding work."

After that, George headed to Cedar Valley Community College and began taking art classes again. At first, he was particularly looking for

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watercolor classes, but he soon found himself taking pottery classes. Since they offer six hours of free tuition for senior citizens, he has become a mainstay in the art department on campus.

The Cole property is full of George's artwork — from pottery bowls to larger metal sculpture and birdfeeders. George uses Donna as his litmus test for most of his work. "I'll bring a piece home and set it in the kitchen," he explained. "If she likes it, it stays in the house. Otherwise, it goes to the garage."

When George and Donna are traveling, he will often see other pieces of artwork and think to himself, *I can do that!* As soon as he gets home, he attempts to recreate what he saw. Other sources of inspiration George uses for his creations include pottery magazines, books and



art exhibitions. He finds various ideas for future projects as he turns the pages. "I like to pick up scrap metal or railroad spikes. I will find old lamps or wall tiles," George said. "I can always find things others have discarded and use them for my artwork."

Some of George's work is sold at local craft shows, some is given away and other pieces are simply discarded. I don't make a lot of money from sales, but enough to buy more clay and materials. He has also entered works in competitive shows and exhibits, with over 75 awards earned over the years from the State Fair of Texas, DeSoto Art League and other local and regional competitions.

George, however, looks at his physical condition in a different light. "Everything changes when you turn 80," he confessed. He and Donna take daily walks of two-

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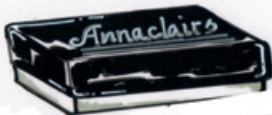
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and-a-half to three miles at the DeSoto Recreation Center. "I'm going to insist he stay busy," Donna added.

Until just recently, George was president of the DeSoto Art League, a group of about 75 artists. Under his direction, the league hosted two competitions or exhibitions a year that were open to the public. Every month a visiting artist would come in and give demonstrations. Although George remains active with the league, he no

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longer serves in a leadership role. "Not after you turn 80," George said with a smile. "It's a good time to encourage some of the very talented young people to be in the leadership role and bring in new ideas."

If George's artwork wasn't enough to keep him busy, he also works with Donna in the bereavement ministry at their church. "We cook and serve all the bereavement dinners," Donna said. George also sometimes accompanies her when she goes to the nursing home to sing or run errands with Meals on Wheels. She even lets him help with the yard work.

For the most part, George thinks anyone can learn to do the same type of artwork he works at on a regular basis. However, he believes his is mostly natural ability. "But it can be learned," he said.

George's early fascination with learning how things were made continues, and more than likely, it's not going to go away anytime soon. Most people may walk on the side of the road and see an old railroad tie or a bent piece of discarded metal. But, George isn't most people. Like Michelangelo, all George sees is a masterpiece in the making. He takes someone's trash and turns it into a treasure. **NOW**

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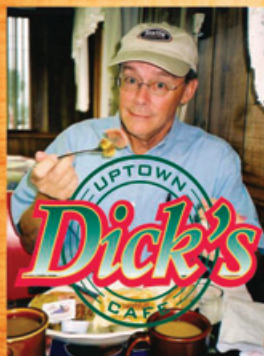
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THE FRONT PORCH CONNECTION

By Beverly Shay

Robert Allsup lives in Irving, Texas, but has attended Southwest Harvest Church in Duncanville for 27 years. He has been working with their community service program, Project Duncanville, since its inception. "When the Duncanville Fire Department got new trucks, the community was informed trees along the streets would need to be trimmed to accommodate the taller vehicles. So, Project Duncanville offered to help those who were unable to comply," Robert recalled. "One woman who needed

our help was a widow whose property borders ours. Suddenly, I realized I didn't even know her name. God used that experience to tell me I needed to reach out to the community — to get to know our neighbors."

The ultimate desire of Project Duncanville is to motivate neighbors to be responsible for neighbors, and the church is willing to facilitate this. "We'd like to coordinate block captains who will recognize the needs on their streets. We figure this will become a reality if we example the vision for others," Robert said.

Duncanville **NOW**

Tannie Brantley moved from Vacaville, California, 10 years ago when her husband's job changed. She attended Dallas Baptist University, graduating in 2011 with a degree in political science. "I've been at Southwest Harvest for two years and joined Project Duncanville because I like fundamental grassroots social movements," Tannie explained. "What they are doing here lines up with my idea of what a church, like the one in the Book of Acts, is supposed to be. I used to think the government was responsible to care for social needs in a community, but I have grown to understand the local church should meet these needs." Being part of this project is a great fit for her and an opportunity to learn.

Tannie has a special passion for widows and widowers. "I saw how depressed my father became after my mom passed away in 2004. He had such a struggle functioning without her. I want to be able to help others who are in similar situations, especially if they don't have family nearby," Tannie related. "Often elderly people hesitate to ask for assistance, but we *really want* to help anyone who needs help. As a society, we seem to have lost the front porch neighborhood connection of years gone by, leaving people more isolated. We hope to break that cycle."

Not only do they help widows and widowers, but also single moms and low-income families. "We found there are 628 houses in the neighborhood, and after going door-to-door with flyers, we found 118 residents who met our criteria. We are also getting word out through the senior center and code enforcement," Robert stated. What started out as a car maintenance program has now grown to include yard care, hauling off debris and minor home repairs dealing with such things as air conditioning, plumbing and drywall.

"Our dream has been to get other individuals, businesses, churches and nonprofits involved and even to become a model for other cities," Tannie mentioned. "Recently, as we were praying about generating excitement and momentum, I called the youth pastor of Duncanville First Baptist Church

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Duncanville **NOW**



(FBC) to see if they would like to help. They eagerly agreed to spend two days with Project Duncanville as part of their backyard mission project called 'Generosity Week.' The kids fell in love with helping and were especially touched by the gratitude of the elderly. They keep coming back wanting to help again."

"I thought I would really have to work at keeping the kids focused and on track," said Greg Bowman, minister to the students at Duncanville FBC. "But they just went after it. Three of our middle school girls who had never done yard work before felt they had logged a new skill after mowing lawns."

Central Texas Conference Youth in Mission, hosted by First United Methodist Church Duncanville, offered four seven-people teams eager to help with some of the projects for which there haven't been funds or perhaps skills to meet. They wouldn't let either the homeowners or Project Duncanville foot the bill, providing both labor and materials. "We came up with three widows whose homes needed specific repairs: roofs, fences and painting," Robert recalled. "The teams of youth and adults were each supervised by contractors. We were able to help clear out debris and replaced some dysfunctional sliding doors with new French doors."

Their motto is: Building Bridges of Hope through God's Love and Good Works. "We are doing what we do to show God's love, not to evangelize or grow the church," Robert remarked. "We've made a commitment out of obedience to God, and we simply feel this is what the church is supposed to do as a reflection of the story of the Good Samaritan, as found in Luke 10, where

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Both Tannie and Robert have found many of the people they help are also lonely, vulnerable and feel abandoned. By addressing their needs, they not only express God's love, they often initiate lasting friendships. "I have also learned about patience and how to enlist the help of others," Tannie shared. "We need and can use the help of anyone, whether you think you are skilled or not. Some of our neighbors simply need a ride to a doctor's appointment or the grocery store. As you listen and get to know them, you end up being the one who gets blessed."

Tannie has also enjoyed interacting with the City Council and mayor, letting them know needs in the community and finding out what services are available to meet those needs. "We have received a few grants and some donations from the community. One church gives us one percent of the tithes that come in," remarked Robert, whose community service also includes being a member of the Irving-Las Colinas Rotary Club, Irving YMCA, past president of Irving Schools Foundation and past board member of Greater Irving-Las Colinas Chamber of Commerce.

Project Duncanville has a clothing and food distribution ministry called Bethlehem House. They would love if local businesses could donate items, such as things needed for basic car repairs or plants for a community garden and/or join in community workdays, such as scheduled days for auto care, cleaning up sidewalks and alleys, as well as food drives. "Workdays provide such an excellent teambuilding opportunity for families and businesses," Tannie stated. The ministry has already been helping students with their homework, and they are even considering adding after-school care to their neighborhood services. **NOW**

Editor's Note: For more information on projects, visit www.projectduncanville.org.



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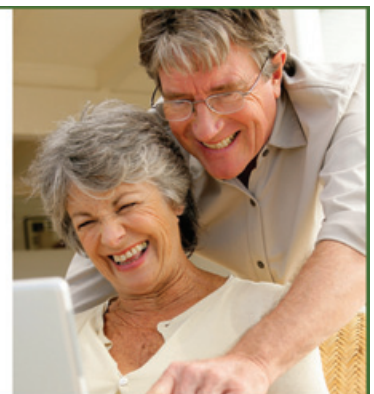
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Modern-day Traditions

— By Angel Morris



Traditional outside, contemporary inside is more than a description of Benjamin and Jillian Dagley's home. It also describes the family itself. While traditions play an important part in their family, they are also a modern-day group of individuals — including daughters, Alexis and Tatum, and son, Noah — who all thrive in their own way.

At Home With Benjamin and Jillian Dagley





With a stay-at-home mom and self-employed dad, the Dagley children are aware of traditional roles but are not afraid to break those molds. They learned persistence from Benjamin, who owns a medical practice in Cedar Hill, Cedar Hill Pain and Rehab.

"He started from scratch, using cash. He educated himself on how to manage a business, and now owns his building where he runs his practice along with another physician and physician's assistant who work for him," Jillian explained. "He travels, speaking to other doctors on how to start and run a practice. He's a stud!"

While Jillian was working when she met Benjamin — "I was his waitress!" she said of their first encounter — today, she is proud to be a full-time homemaker. "I'm a busy mom, completely dependent



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on my phone to tell me where I need to be driving and when,” Jillian said. “We prioritize family time, as well as us time, with date nights above all else, so we’re a very close little herd.”

“Lexi” is a freshman in high school this year, dubbed by her parents as “the coolest 14-year-old you will ever meet.” “She knows who she is, and that she’s loved by those who matter. She’s also beautiful,” Benjamin said.

“Tatum is crazy! She pitches on her

softball team, is a fashionista and family Black Jack champion and wants to rule the world. I blame her dad 100 percent, from whom she inherited her tenacity,” Jillian said. “The pants of the family are glittery skinny jeans, and they belong to her!”

Imaginative son Noah “couldn’t be sweeter if you dipped him in chocolate,” Jillian said. “He wakes up smiling and goes to bed smiling. It’s left me to wonder if all little boys are like this?”

Last but not least, their dog, Chloe, rounds out the clan. “She is the canine version of my wife: blonde, laid-back, sometimes sneaky and utterly spoiled,” Benjamin joked.

This close-knit, fun-loving family juggles school, home and extracurricular life. Jillian homeschools Noah. The girls attend Grace Preparatory Academy, which combines a traditional classroom setting with the homeschooling Jillian provides. “I also chauffeur the kids to

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all their activities, and Ben and I coach rec. softball. Go Panthers!" Jillian noted. But when all the day's busyness ends, the family comes together in their warm Lakeridge home.

"We wanted to live near the lake and a golf course," Benjamin admitted of the purchase of a Lakeridge lot in 2004. The family moved to their new home from Fort Worth in January 2005.

The home's entryway greets guests with a pine bench and silk rug, as well as a picture from Bombay that Benjamin gave Jillian. "Benjamin loves to buy art that catches my eye. We have two original pieces that are my favorites. I also commandeered my mom's bench before she and my dad retired to the Seattle area. It sits in my foyer, along with her rug," Jillian said.

A front sitting room holds the piano Jillian's grandfather gave her parents when they were first married. "I learned to play on it when I was 6, and now Noah takes lessons," Jillian said. The room is traditional, aside from the large, white ceramic animal head above the piano. "I tell people it's what you come home with when you do your hunting at Z Gallerie," Jillian said.

Across from the sitting room is a study. A glass table desk, featuring etched translations of the word "love," a bookshelf covered in favorite reads and homeschool curriculum and a cozy chair all live in this room. "I love this room because of the picture wall behind the desk, which holds 10 family photos," Jillian said.

The main living area has contemporary furniture, a cream shag rug and a mantel that Ben built himself. "It's a relaxed room, where the family spends most of its time either doing school, entertaining friends or watching Rangers games," Ben said.

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Another custom-designed item is highlighted in the kitchen, where a square table was made to seat 12 guests. "The kitchen is somewhat in transition. New quartz countertops and fixtures, along with the new table are what we have already done," Benjamin said. "We hope to replace the backsplash and refinish cabinets soon."

Noah's room is next on the list to be redecorated and currently is called a "lego-tastrophe." The girls' rooms were done to their personalities. As the Audrey Hepburn of the bunch, Lexi's is done in vintage glam with a touch of whimsy. Tatum's room is cool and fun, with bright energetic colors and a faux brick wall. "Her daddy built her loft bed based on a picture I gave him," Jillian said.

While each bedroom tells a story, everyone's favorite is the master bedroom. "The plank wall and chandeliers on either side of the bed make it feel like a retreat. The Dwell bedding and mirrored headboard make it unique," Jillian said.

While dark laminate wood floors complete the downstairs, upstairs is the kid zone. The playroom is decorated to accommodate rambunctious children, yet still be comfortable for adults. "People who come to our home would describe it as comfortable. There is nothing that screams, 'Hands off!'" Jillian said. "The home is open, inviting and great for entertaining."

While Jillian admitted she would not mind a larger laundry room and a two-car driveway, she considers their home pretty wonderful. Its exterior is inviting, with a porte-cochère bringing the driveway directly to the front and side door, as well as to the garages facing the backyard. She and Benjamin did their own landscaping, with the exception of a backyard pergola they had built.

Besides enjoying their handiwork at home, the family appreciates the small-town, friendly attitude of their community, as well as the "walkability" of downtown Cedar Hill. Ultimately, the Dagleys have found the perfect blend of traditional and contemporary within their family and their home. "It's been a challenge to meld our contemporary taste with the traditional style of the home," Jillian said, "but I think we've found a nice balance!" **NOW**

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From left:

Christi Anguiano, Dr. Tara Peters and Celeste Lindell are committed to facilitating an MBA experience for every student in the program at Northwood University.

A Degree in Transformation

Northwood University offers several MBA plans using a foundation of three basic elements: leadership, management and simulation in a student-focused environment.

— By Beverly Shay

Northwood University launched their MBA program in 2009. “We consider our program a transformational process, no matter what level of business experience our students come in with,” remarked Celeste Lindell, a recent Northwood MBA graduate, now working in the office of admissions dealing with corporate relations and as a graduate advisor for graduate programs. “I know first-hand how this program equips you with more tools and expanded thinking skills through case study evaluations.”

Dr. Tara Peters, lead faculty for Texas MBA, explained case studies involve real organizations and the situations and dilemmas they face. “For example, Starbucks grew so fast — almost too fast. By looking at their advancement, we determine what can be done when a business model stops working,” Dr. Peters said.

One key aspect of their program is forming a cohort of 20-25 students who complete the classes together. “They learn to think critically, work with others and make decisions with a team in mind,” explained Christi Anguiano, associate director of graduate admissions. “We assure each member of the cohort is a good fit, while creating a diverse group. Cohorts include executives, mid-level management and recent graduates with limited experience from different schools, even nonbusiness degrees.” The program offers flexibility: an intensive one-year program through daytime classes, weekend classes (every other week beginning in January) and evening classes beginning in the fall of 2013 provides an MBA degree in 24 months. All the cohorts go to the Michigan campus for one week to “run a business” — creating, manufacturing and marketing. Through this capstone experience, the

students learn how all parts of a business affect each other: marketing, operations, finance, human resources and leadership.

"We use a foundation of three basic elements: leadership, management and simulation in a student-focused environment," Christi commented. "They take ownership in their own learning, as well as that of the entire cohort. Being vested in others helps remove tendencies toward passivity, while encouraging self-responsibility — all traits they need to achieve growth in their own businesses." This proven approach, used for 20 years on their Michigan campus, ensures application, alongside theory, so the graduates learn how to develop a business strategy and put it in motion.

"The faculty is great," Celeste said. "Each one has owned or worked in real world businesses. The students, staff and faculty are very accessible. So the transformation you experience is both personal and professional."

Soft skills, such as negotiation, communication, relationships, team building and conflict solving are emphasized. "Students keep journals and participate in feedback sessions involving validation and reflection," Christi remarked. "We all enjoy what we do — with each other, the students and the community," she added, referring to the one-day corporate leadership series the faculty offers to area corporations and organizations at no charge. These seminars deal with ethics and change, and leadership skills geared for executives, managers and supervisors. And, they can be targeted to the leadership team collectively or to separate management levels. Seminars also open doors for future business contacts for the students.

Those who choose to earn their MBA at Northwood University will be exponentially prepared with business acumen, critical thinking skills and enhanced personal effectiveness. The goal is to equip graduates to be well-positioned for demanding 21st century jobs. The school, according to their MBA information packet, is looking for "people with determination, perseverance, ethical foundations and entrepreneurial spirit to acknowledge and drive change; who understand the necessity of hard work and diligence; and above all, recognize that leadership is a quality that isn't simply taught, it's instilled." **NOW**

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Chris Alvarez gets help carving the Thanksgiving turkey from his son, Nicholas.



Residents of Champions Cove sell hot dogs at their Fall Bazaar and gave the proceeds to Anita Davis of Duncanville Outreach.



Brother Thomas, Sister Journey, Sister Alice and Sister Felicia Wright enjoy the Thanksgiving Service at IBOC.



Carolyn Campbell (left) joins Tiana Fields, Ryann Campbell and Nikei Fields to celebrate Tiana's 16th birthday.



Cedar Hill welcomes Sylvan Learning Center with a ribbon cutting.



Bray Elementary celebrates their designation as a National Blue Ribbon Campus by the U.S. Department of Education, which is the highest honor a school can receive.



Duncanville hosts a ribbon cutting for Marshall Arts and Entertainment Group.



Mayor Sherman (far right) walks the halls at DeSoto High School with executives from Kohl's.



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A New Year – Time to Review

— By *Dennis Brock*

With the start of a new year, it is always good to review your options when considering IRAs, 401(k)s and other long-term/retirement options. These plans allow you to invest and save on taxes. First consider the IRA.

An IRA account can be set up at any financial institution and allows an individual to save for retirement with either tax-free growth or on a tax-deferred basis. There are two main types of IRAs you can contribute to: a Traditional or a Roth. Of course, each will have different advantages.

Traditional IRA

A Traditional IRA allows individuals to get a tax deduction on their IRA contributions, and those contributions grow tax-deferred until you withdraw them during retirement. Anyone under the age of 70 1/2 with earned income can contribute (with some exceptions), including nonworking spouses. With the Traditional IRA, investors can contribute up to \$5,000 or \$6,000 if you are age 50 or older in 2012. For 2013, investors can contribute \$5,500 or \$6,500 if you are age 50 or older.

Roth IRA

With a Roth IRA, your contributions are made with money you've already paid taxes on, and your money can grow tax-free,

with tax-free withdrawals during retirement. The contribution limits are the same as the Traditional IRA. The main advantage of the Roth IRA is that you don't pay tax on any earnings inside the Roth, nor are you taxed when you withdraw funds from the Roth during retirement.

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If your employer has a 401(k), you can make salary-deferred contributions up to \$17,500, and with catch-up provisions, individuals 50 and older may defer up to \$23,000 in 2013. Also, many 401(k)s have employer matches on your contributions, making it even better.

Annuities

For risk-averse investors who want to build assets for retirement but don't want to participate in the stock market, annuities may be the answer. Some annuities allow you to participate in some of the gains in the stock market without the risk of the stock market, and earnings in the annuity are tax-deferred until retirement. **NOW**

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Crawling With Life

— By Betty Tryon, BSN

Once again, the two sisters found themselves on a familiar path to the nurse's office at school. They were sent there by their teachers who noticed the troubling symptoms of another round of head lice infestation. Head lice are wingless parasitic insects that live on your scalp, feed on your blood and lay their eggs in your hair. They are very tiny, about the size of a sesame seed, and when they move around on the scalp, it can feel like a tickling or crawling sensation. Lice infestation is not a sign of uncleanliness or poverty. Anyone can get lice. They are nondiscriminatory about whom they choose to crawl on. They spread by crawling from person-to-person and by the sharing of personal items, such as combs, brushes, hats or headphones.

The earliest and most predominant sign of lice infestation is itching with resultant scratching. The itching is because of an allergic reaction to the saliva excreted from the louse (singular form for lice). Intense scratching can cause open wounds which can then become infected. Another visual to determine if lice are present is the actual bug itself and its eggs, which are called nits. Nits are deposited on the hair shaft next to the scalp. One can find the bugs most often on the back of the neck and behind the ears.

Getting rid of lice is involved but worth it. There are products and medications available over the counter (OTC) and by

prescription to kill lice and their eggs. Follow directions carefully. Use a fine toothed comb on wet hair to remove nits. Check the hair of all persons in the household. Remember to wash all brushes and combs in hot sudsy water. Afterwards, either soak them for an hour in isopropyl alcohol or replace them. Sheets, pillow cases and clothing that have come in contact with the infected person need to be laundered using hot water. Items such as large comforters or stuffed animals that cannot be laundered should be placed in a plastic or airtight bag tightly sealed for at least two weeks. The environment, floors and furniture, should be vacuumed thoroughly. For children under the age of 2, check with their health care provider before using any chemicals or OTC medications. For them, it is usually sufficient to remove live bugs and nits by hand.

Having lice may be embarrassing, and it is definitely annoying. However, the good news is that with effort they can be eliminated from your home and your head. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.



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January 2

Duncanville Women's Club luncheon: 11:00 a.m., Hilton Garden Inn. Officers for 2013 will be installed; speaker: Rosemary Rumbley, renowned Metroplex humorist, author, actress and teacher. Cost: \$21; for reservations (972) 296-4601.

January 7 Through 12

Amnesty Week Celebration: Return all Zula B. Wylie Public Library materials and have all library fines waived! (972) 291-7323 ext. 1318.

January 7 Through February 4

Register for Daddy Daughter Dance: **February 9:** ages 4-8: 4:00-6:00 p.m.; ages 9-12: 7:00-9:00 p.m., CH Recreation Center. Cost: \$30/couple; \$10/additional daughter: cedarhilltx.com or CH Recreation Center. (972) 293-5288.

January 9 Through February 20

Registration: Expanding Your Horizons career day program: girls in grades 6, 7, 8 and parents: students/\$4; adults/free: **March 2:** 8:45 a.m.-12:45 p.m., Cedar Valley College. (972) 709-1957 or www.EYH.AAUW-swdc.org.

January 12

Duncanville Chamber Awards and Man & Woman of the Year Dinner: 6:30 p.m. at Hilton Garden Inn.

January 15

Family Story Time/Crafts: 7:00 p.m., Duncanville library. (972) 780-5044.

January 15, 22, 29

Duncanville library's Homeschool DVDs: Inventors of the World: 2:00 p.m. **January 15:** Leonardo da Vinci; **22:** Benjamin Franklin; **29:** James Watt.

January 18, 25

Duncanville Library computer/e-mail basics, Internet scams and courtesy: 10:00 a.m.-Noon. (972) 780-5052.

January 21

CH library's MLK celebration: 6:30 p.m.: storytelling, dance and music.

January 22

Friends of Duncanville Library: 7:00 p.m. Business meeting, program and refreshments.

January 24

Join Duncanville Library's Book Damsels club: 7:00 p.m. Now reading Dixie Cash's *Curing the Blues with a New Pair of Shoes*.

January 26

Intro to Yoga Workshop: 10:00 a.m.-noon, CH Recreation Center. (ages 16+): \$20.

Registration deadline: January 23.

(972) 293-5288.

Tail Waggin' Tutors: 2:00 - 3:00 p.m., Duncanville library. Children practice reading with dogs.

DeSoto Dining and Dialog: 6:30-9:30 p.m. Free dinner and discussion: future DeSoto leadership opportunities. Register by **January 14:** www.desotodd.org or (972) 230-9648.

January 28

Southwest Dallas County Parkinson's Group: 6:30-8:00 p.m., Trinity United Methodist Church, Duncanville. John Call: "Poetry and Parkinson's: One Man's Journey with PD." (972) 298-4556.

February 2

CH library's 2nd Annual Ladies Hat Brunch: 10:00 a.m., CH Recreations Center: food, fellowship, music, shopping and more. Tickets: \$10: (972) 291-7323 ext.1313 or aranda.bell@cedarhilltx.com.

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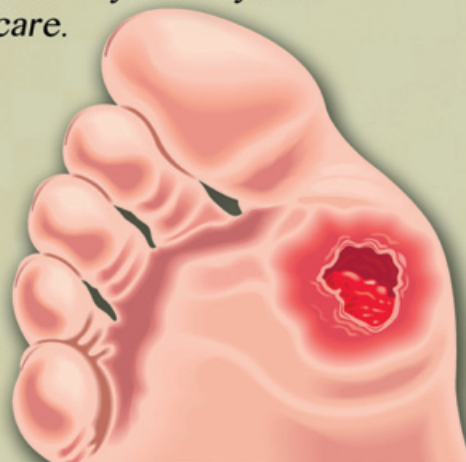
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In The Kitchen With Beverly Shay

— By Becky Walker

Beverly Shay, community editor of *SouthwestNOW Magazine* and the mother of four grown children, delights in her two grandsons. She quickly admits to not cooking as frequently as she once did. “I tend to cook more when the weather is cold, because the aromas make the house seem warmer.

“My mother never really taught me much in the kitchen, but a slice of buttered homemade bread was standard fare after school each day. Her French bread recipe remains a family favorite now into the fourth generation. I garner recipes from my sisters-in-law and friends, and I love soup cookbooks,” she shared. Her favorite hobbies are writing poetry and reading, so she is seldom without some type of book. And her humor livens up any room! **NOW**

French Bread

2 cups warm water
4 tsp. yeast
2 tsp. salt
Generous squirt honey
5-6 cups flour (I use 4 to 4 1/2 cups white flour and 1 to 1 1/2 cups whole wheat flour.)

1. Place water in large mixing bowl; sprinkle yeast over water; add salt and honey. Add flour, starting with 5 cups; mix thoroughly. If dough is still sticky, add more flour until dough is a bit stiff. Cover and let rise 1 hour.

2. Plop dough onto floured countertop; divide in half. With floured hands, pat out all air bubbles, turning over to squash out additional air; fold in thirds and roll into loaves. Place in greased bread pans. (Or make into 1 or 2 long French loaves.) Preheat oven to 350 F. Cover and let rise 30 minutes.

3. Bake for 30 minutes. Remove from pans to cool.

Best (and Quickest) Homemade Pizza Ever

Pizza crust:

1 cup warm water
1 pkg. (2 1/2 tsp.) yeast
2 tsp. baking powder
1 tsp. salt
2 Tbsp. oil
2 Tbsp. honey
2 1/2 cups flour (I use 1 1/2 cups white flour and 1 cup whole wheat flour.)

Toppings:

1 8-oz. or 15-oz. can tomato sauce
1-2 tsp. Italian seasoning
1-2 tsp. garlic powder/garlic salt
6-8 oz. mozzarella cheese, shredded
6-8 oz. Monterey/cheddar cheese, shredded
4 oz. fresh mushrooms, sliced

4-6 oz. pitted black olives, sliced
3.5 oz. pepperoni slices (Use as many as you like.)

- 1.** Preheat oven to 425 F.
- 2.** *For crust:* Mix all crust ingredients in order listed. Dough will be slightly sticky. Dump dough onto lightly greased 13x17-inch jelly roll pan. With floured hands, press dough until entire pan is covered, making an edge. Bake for 8 minutes.
- 3.** *To assemble:* Spread as much tomato sauce as you like over warm crust; sprinkle on seasonings; top with cheese, mushrooms, olives, pepperoni or any toppings you like. Bake 8 minutes.

Diane's Corn Bread

1 Tbsp. shortening
1 cup stone-ground cornmeal
1/2 cup whole wheat (or white) flour
2 tsp. baking powder
1 tsp. salt
1 cup plus 2 Tbsp. milk
1 egg
3 Tbsp. honey

- 1.** Preheat oven to 325 F. Place shortening in 9x9-inch glass pan; place pan in oven.
- 2.** Mix remaining ingredients in order; pour batter into pan once shortening has completely melted. Bake for 25 minutes.

Carol's Carrot Cake

4 eggs, slightly beaten
1 cup oil
1 cup honey
3 small jars baby food carrots
1/2 cup each raisins, coconut, walnuts (chopped)
15.25-oz. can crushed pineapple in juice, drained
2 1/2 cups flour (white, wheat or combined)
4 Tbsp. wheat germ
1 tsp. salt
2 tsp. each baking powder and cinnamon
Frosting:
8 oz. cream cheese
1/3 cup honey
2 Tbsp. orange juice concentrate

- 1.** Mix cake ingredients in order; pour into well-greased jelly roll pan. Bake at 350 F for 25-30 minutes. Cool.
- 2.** Mix frosting ingredients. Spread on cooled cake.

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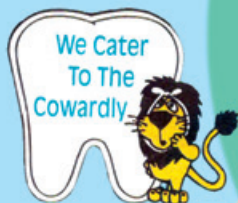
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